What is Pre-Diabetes?

Q What is pre-diabetes?

A Pre-diabetes is when your blood sugar is higher than normal but not as high as it would be with diabetes.

Q Is pre-diabetes serious?

A **Yes, pre-diabetes is serious.**

- Pre-diabetes **can** lead to heart problems.
- If you have pre-diabetes, you are at much higher risk of getting type 2 diabetes.
- Type 2 diabetes can lead to other serious health problems with your eyes, kidneys, nerves and feet.

Q How will I know if I have pre-diabetes?

A

- Ask your doctor for a blood test for pre-diabetes.
- Even if you do not feel bad, you should get tested anyway.
- 57 million people in the United States have pre-diabetes and do not know it.

Q Who should be tested for pre-diabetes?

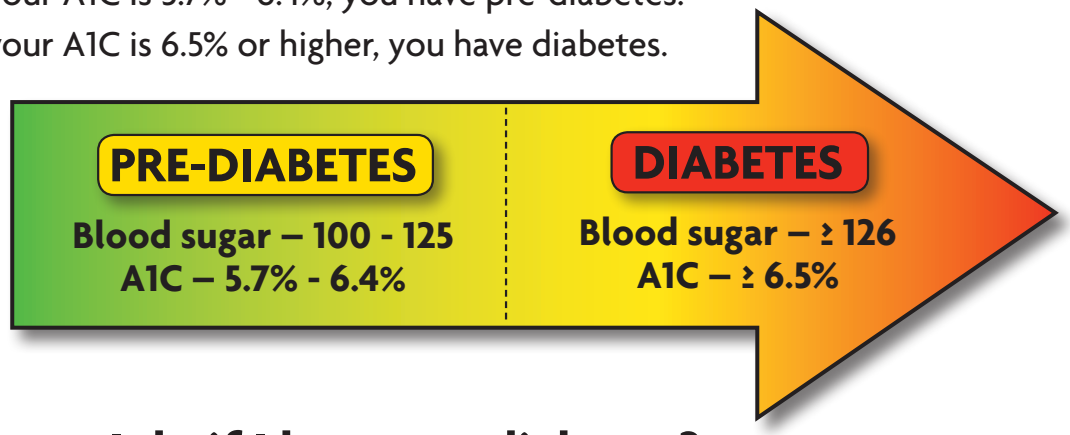
A

- All people 45 years and older should be tested for pre-diabetes.
- You should also be tested if you are overweight **and** have one of the following:
  - Have a brother or sister or parent with diabetes.
  - Not physically active.
  - Have high blood pressure or a heart problem.
  - Cholesterol is not normal.
  - Had diabetes when you were pregnant or had a baby that weighed nine pounds or more.
  - Are Hispanic, African-American, American Indian or Asian.
  - Were ever told you had a “touch of diabetes,” “a little sugar” or “borderline diabetes.”

Q A What are the tests for pre-diabetes?

There are two blood tests that check your blood sugar:

1. Fasting Blood Sugar Test
   - You will fast for 8 hours before you take this test.
   - If your blood sugar is 100-125, you have pre-diabetes.
   - If your blood sugar is 126 or higher, you have diabetes.
2. A1C Test
   - This test measures your average blood sugar control for the last three months.
   - If your A1C is 5.7% - 6.4%, you have pre-diabetes.
   - If your A1C is 6.5% or higher, you have diabetes.



Q A What can I do if I have pre-diabetes?

Choose to live a healthy life for you and your family, and lower your chances of getting type 2 diabetes.

1. Ask your doctor to check you for diabetes every year.
2. Ask your doctor if it is okay for you to be more active.
3. Be more active! Move your body at least 30 minutes a day, 5 days a week. You can divide your 30 minutes into 15 minutes twice a day.
4. Cut down on high-fat foods and high-calorie foods.
5. If you need to lose weight, eat at least three small meals each day. Choose smaller portion sizes.
6. Ask your doctor to send you to a dietitian.
7. Get more information on preventing type 2 diabetes from:
   - American Diabetes Association – **www.diabetes.org**
   - National Diabetes Education Program – **www.ndep.nih.gov**

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Produced by

NEW MEXICO DEPARTMENT OF HEALTH
DIABETES PREVENTION & CONTROL PROGRAM

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